

February 2009



Derby Fibromyalgia Support Group

NEWSLETTER

Saturday Meeting a Success

Our first Saturday Meeting was a great success with several new members attending and joining.

Happy



Valentine's Month

Message from the Treasurer

Due to Jackie going into Hospital and having TWO operations this month I'm afraid that the message is from me, Doug.

Jackie sends her regards and says that she is thinking of you all and will, hopefully be attending the Saturday meeting this month, Saturday 21st February.

The Saturday meeting was well attended and a great success, for our first proper Saturday meeting, and several new faces were there, many of which became full members.

Again many apologies for the lack of content within this month's newsletter but as you can see I have had a lot on my mind. With a bit of luck next months newsletter should be back up to full content like this time last year.



Doug



Hi everyone, I've managed to make it back in one piece, they managed to find my brain, don't know what I'm supposed to do with it; It wasn't working so well before!
Anyway, we should be back to some sort of normality next month.

Jackie

Join us at our Next meetings

**Charnwood Spiritualist church
Charnwood St. Derby**

Saturday 21st February 1.00pm – 3.00pm	Thursday 12th March 10.15am – 12.30pm	Saturday 18st April 2.00pm – 4.00pm
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Admission fee
£3.50 Non-members
£2.50 Members

Membership £5.00 per year

Car Park, off Melbourne St.

For enquiries:

Contact Jackie on: **0845 345 2319**

Or email: derby.fibro@btinternet.com

Website: www.derbyfibro.co.uk

Family and Friends welcome.

Carers and Children Free

Refreshments and Tombola

Information About Our library

Please return them at the following meeting so that others can borrow them.

The books available at the moment are:-

Title	Author	Publisher	ISBN Number
Living with Fibromyalgia	Christine Craggs-Hinton	Sheldon Press	0-85969-831-9
Fibromyalgia a comprehensive approach	Miryam Ehrlich Williamson	Walker Publishing Co. Ltd	0-8027-7484-9
Conquer Pain: The Natural Way	Leon Chaitow	Duncan Baird Publishers Ltd	1-903296-57-9
M.E., Chronic Fatigue Syndrome & Fibromyalgia The Reverse Therapy Approach	Dr John Eaton	Authors OnLine Ltd	0-7552-0162-0
Revolutionary new strategies for maximum pain relief	Neal Barnard M.D.	Bantam Books	0-553-81237-8
The Fibromyalgia Cookbook	Shelly Anne Smith	Cumberland House Publishing Ltd	1-58182-270-7
The Feeling Good Handbook	David D Burns M.D.	First Plume Printing	0-452-28132-6
Don't Sweat The Small Stuff. and its all Small Stuff	Richard Carlson	Mackays of Chatham PLC	0-340-70801-8
Fibromyalgia & Muscle Pain Your Self Help Guide	Leon Chaitow	Thorsons	0-00-711502-4
Fibromyalgia, Understanding And Getting Relief From Pain That Won't Go Away	Dr Don L Goldenberg	Piatkus Books Ltd	0-7499-2306-7
Body Talk. Why you really get sick and why it need never happen again	Rochelle Gordon	International Rights Ltd	-
Colour Healing	Lilian Verner-Boyds	Anness Publishing LTD	1-84081-477-2
Forever Young. Exercises for the mind and body.	Information Booklet	-	-
The Arthritis Helpbook	Kate Lorig James F Fries	Perseus Books	0-201-40963-1
Insomnia	Ann Redfearn	Gala Books	1-85675-234-8
Sainsburys Vegetarian Cookbook	Carole Handslip	Reed International Books LTD	0-86178-6025

Family magazines

Compiled by Fibromyalgia UK

Back copies of our newsletter are also available to download, free, on our website, or hard copies can be purchased for 50p per copy.

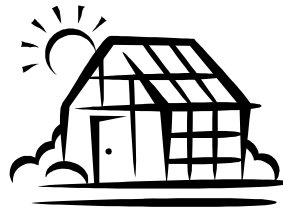
As we get more books etc we will post them in the newsletter. If you would like to donate any books, etc we would be very grateful.

If you read, or have read, any of these books please write a review so we can put it into the news letter.

PLEASE RETURN ANY BORROWED ITEMS

Has Anyone Got, Or Does Anyone Want

Jackie wants a greenhouse ☺
Good condition can collect.
6X4 preferably and any type considered
I.e. glass/wood/metal or plastic
Contact by fibro number 0845 345 2319



A young couple setting up home are looking for any items that they can use. Anything considered, but must be clean and in good condition



Contact Sue on 01332 605112 or 07762 198 305

We are trialling this section to see if anyone can use it.

What we are looking for is anyone who has any items that they want or items that want to get rid of, this can be items they are giving away or that they are selling. We will need to add contact details i.e. telephone number or email address.

FIND A FRIEND.

Hi, my name is Rebecca and I live in the Bakewell area of Derbyshire. I haven't been well with fibromyalgia and I am unable to travel far, so would find it difficult to come to the support group meetings, to meet and chat to fellow sufferers with Fibromyalgia. I don't know anyone who has it or understands.

I would like to meet someone who lives in or around the area of Bakewell, to meet up for a cuppa and a chat.

If you like to get in touch, call me on:- 01629 813248

Thank you

Rebecca

If you find it difficult getting out but would like to befriend someone or offer support, use the newsletter to contact anyone for a chat and some company.

Jokes and Puzzles

		9	7	3		5	2	6
		5		2		8		
6		8					4	7
					9		6	2
	4		6		3		8	
8	9		5					
2	6					1		8
		7		1		6		
9	5	1		6	4	2		

Freezing Knock Knock Jokes

Knock! Knock!
 Who's there?
 Ice cream soda!
 Ice cream soda who?
 Ice cream soda whole world will know what a bad thing you did!

Knock! Knock!
 Who's there?
 Blue!
 Blue who?
 Blue your nose - the cold is making it run!

Knock! Knock!
 Who's there?
 Alaska!
 Alaska who?
 Alaska my Mom if I can come out and play in the snow.

Knock! Knock!
 Who's there?
 Grrr!
 Grrr who?
 Are you a polar bear or an owl?

Knock! Knock!
 Who's there?
 Snow!
 Snow who?
 Snow business like show business!

Knock! Knock!
 Who's there?
 Eddy!
 Eddy who?
 Eddy idea how I can cure this cold!

Knock! Knock!
 Who's there?
 Snow!
 Snow who?
 Snow skating today - the ice is too thin!

Knock! Knock!
 Who's there?
 Guitar!
 Guitar who?
 Guitar coats, it's cold outside!

Knock! Knock!
 Who's there?
 Ken!
 Ken who?
 Ken I stay home from school today? It's too cold to go outside!

Knock! Knock!
 Who's there?
 Ice!
 Ice who?
 Ice the guy who builds da boats, and I'ce the guy who sails 'em!

Knock! Knock!
 Who's there?
 Eskimo!
 Eskimo who?
 Eskimo questions - he'll tell you no lies!

Knock! Knock!
 Who's there?
 Shivery!
 Shivery who?
 Shivery disappeared with the Knights of the Round Table!

Last months answers

S	A	P	I	E	N	T
W		R		N		R
I	N	E	R	T	I	A
N		F		R		I
D	I	A	L	E	C	T
L		C		A		O
E	L	E	C	T	O	R

Kids Korner

For kids
ages

